

BURKE FITNESS - CLASS SCHEDULE EFFECTIVE DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Stretch and Tone Level 2 (8:00-8:45AM)	Yogafit Basics (8:00-8:45AM)	Stretch and Tone Level 2 (8:00-8:45AM)	Yogafit Basics (8:00-9:15AM)	Stretch and Tone Level 2 (8:00-8:45AM)	Traditional Tai Chi * (8:00-9:00AM)	
Silver Sneakers® Classic (9:00-9:45AM)	Core Blast (9:00-9:45AM)	Silver Sneakers® Classic (9:00-9:45AM)	Stretch and Tone Level 1 (9:30-10:15AM)	Silver Sneakers® Cardio Circuit (9:00-9:45AM)	Qigong & Meditation* (9:15-10:15AM)	
Strength and Conditioning 1 M,W,F (10:00-10:50AM)	Stretch and Tone Level 1 (10:00-10:45AM)	Strength and Conditioning 1 M,W,F (10:00-10:50AM)		Strength and Conditioning 1 M,W,F (10:00-10:50AM)	Traditional Tai Chi* (10:30-11:30AM)	
Yoga For Arthritis (11:00-11:45AM)	Strength and Conditioning 2 T,TH (11:00-11:45AM)	Tai Chi For Balance PLUS* (11:00-11:45AM)	Strength and Conditioning 2 T,TH (11:00-11:45AM)	Tai Chi For Balance PLUS* (11:00-11:45AM)	Traditional Tai Chi* (11:45-12:45PM)	
After Stroke M,W,F (12:00-12:50PM)	Therapeutic Tai Chi for Special Populations * (12:00-12:45PM)	After Stroke M,W,F (12:00-12:50PM)		After Stroke M,W,F (12:00-12:50PM)		Balance Out (12:10-1:00PM)
Pulmonary M,W,F (1:00-1:50PM)	Parkinson's T,TH (1:00-1:50PM)	Pulmonary M,W,F (1:00-1:50PM)	Parkinson's T,TH (1:00-1:50PM)	Pulmonary M,W,F (1:00-1:50PM)		
	R.E.A.C.H. T,TH (2:00-2:45PM)		Tai Chi For Balance* (2:00-2:45PM)			
	Seated Yoga (3:30-4:30)		R.E.A.C.H. T,TH (3:00-3:45PM)			
		Meditation (4:15-4:45PM)	Yoga (4:00-5:00PM)			
	Yoga (5:00-6:00)		Essentrics Aging Backwards (6:15-7:15)			
Traditional Tai Chi* (7:30-8:30PM)	Tai Chi Stick* (7:30-8:30PM)	Traditional Tai Chi * (7:30-8:30PM)				

Table	Members & Guests Ages 18 years and older are welcome to participate in classes on this schedule. Classes and instructors are subject to change without notice. Classes are evaluated based on attendance. If a class has poor attendance, it can be changed and/or may be subject to cancellation. Cell phones are not permitted in any group classes. See the Front Desk For Fee-Based class pricing. Some Membership inclusive classes are also open to the public for a fee. Call 914-597-2805 for details.
Yellow: Included in gym membership	
Blue: Fit For Life Membership Classes	
Green: Fee based classes	

Yogafit Basics Note: 12/4 class will be replaced with Full Body Stretch **Essentrics Aging Backwards note:** No class 12/20 & 12/27
Meditation note: Held in the Marsal Caregivers Center ***Tai Chi Note:** For additional information contact Lisa Rawson at Lisa@WestchesterTaiChiCenter.com

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Silver Sneakers® Cardio circuit	Increase your cardiovascular and muscular endurance with a standing circuit workout. A full upper body workout with hand-held weights, elastic tubing and a ball is alternated with low impact aerobic choreography. A chair is offered for support during stretching and relaxation exercises.
Silver sneakers® Classic	Move to music through a variety of strengthening and stretching exercises designed to increase range of motion, strength, endurance and activity for daily living skills. Balls, weights and tubing are used. A chair is provided for seated exercises and standing support. Suitable for beginner to intermediate skill levels.
Stretch and Tone 1	A beginner's class designed to strengthen the body using dumbbells, weights and bands. Individuals may use a chair for assistance during standing exercises. No mat work is included. The class will commence with seated stretching.
Stretch and Tone 2	An intermediate class designed to strengthen the body using dumbbells, weights, bands and Swiss balls. Individuals will use the mat for strengthening and stretching exercises, some in a lying position.
Yogafit Basics	Stretch, flexion, and balance exercises designed for participants of all levels. The focus is on poses and postures. Improves your joint range of motion, muscular strength, endurance, and balance. Static and dynamic movements are presented with the use of props.
Yoga for Arthritis	This seated yoga class places an emphasis on warming up the joints, increasing range of motion, and improving balance, core stability and posture. Props such as chairs, the wall, blocks and straps may be used to help members with arthritis have a comfortable yoga experience. Modifications will be made to traditional poses for participants with arthritis. The class will conclude with a five minute healing meditation. All are welcome.
Core Blast	Concentrated core exercises that stabilize and strengthen abdominal, back and pelvis muscles. This class improves posture, balance, spinal stability and flexibility.
Balance Out	This class will go through a range of balance-centered activities including walking drills, strengthening, and stretching.
Fit For Life Membership	
Strength and Conditioning	Designed for individuals with an orthopedic or neurological history who can independently transfer and walk with an assistive device. The class consists of using 1 or 2 aerobic exercise machines followed by seated strengthening and range of motion exercises, using dumbbells, balls, tubing and stretch bands. S & C 1: Walk with an assistive device S & C 2: Walk with or without an assistive device (may include standing exercises with support of a chair or barre).
Parkinson's	Using aerobic exercise machines, followed by group stretch and strengthening using dumbbells, balls and stretch bands to help improve balance and function; reducing the effects of inactivity and isolation.
Pulmonary	Participants will engage in tolerable levels of exercise, including stretching, strengthening and breathing using various equipment. Oxygen may be provided. Pulse and oxygen saturations are monitored throughout the class.
After Stroke	Focuses on increasing strength, flexibility, endurance and balance through the use of aerobic exercise machines, dumbbells, exercise bands and balls in a fun, upbeat supportive environment.
R.E.A.C.H. LSVT Graduate Class	Graduate class for LSVT-BIG outpatient graduates. This class is for individuals with parkinsons disease who can ambulate without any assistance. Focus on: Big movements, gait training, voice and cardiovascular training in a supportive group setting.
Fee Based Classes	
Tai Chi for Balance (&PLUS)	This class was designed to address the heart of the balance problem by incorporating the fundamental principles that are Tai Chi's foundation. Appropriate for newer, less active students, but not for those that use an assisted walking device. All movements are done standing or walking. PLUS- for active people of all ages.
Tai Chi Stick	This is the first taught of the traditional Chinese weapons. Appropriate for active adults with some Tai Chi experience.
Qigong and Meditation	Sung breathing, meditation, visualization, and mindfulness. Experience in Tai Chi, Yoga and/or meditation and mindfulness required. New students should talk to the instructor before registering.
Slow-flow Gentle Yoga	Enjoy sustained stretches to release and relax the body and mind combined with dynamic, slow-flow poses to create strength and balance. Each class incorporates breath work and finishes with savasana, the final relaxation pose. This is mat based and standing class. No yoga experience necessary, participants should be comfortable moving between the floor and standing poses.
Traditional Tai Chi Levels	This foundations class is suited for students new to Tai Chi as well as the more experienced practitioner who wants to review the basic core movements & principles of Tai Chi. Traditional Yang Style Tai Chi form training and Qigong. All Movements are done standing or walking.
Therapeutic Tai Chi for special populations	Movements are done seated. Students work within their own level of mobility. Special emphasis is placed on coordination and mindfulness. This class is uniquely suited for individuals with early stage neurological challenges. Appropriate for those with Parkinson's, mobility concerns, acute balance issues and those recovering from stroke. Students must be able to participate without the assistance of an aid or companion.
Yoga	A "Hatha" yoga class that is adapted to meet all levels of age and ability. Postures are modified for each person's level of endurance and flexibility; breathing techniques are included. Yoga is a system of wholeness- mind body and spirit.
Meditation	Come learn and practice a variety of relaxation techniques, meditations and breath awareness exercises. This class will explore different mindfulness experiences that ultimately could increase your ability to focus and concentrate, enhance your sense of well-being, improve your self-image, provide you better control of emotions, increase your energy, provide feelings of relaxation, possibly improve your sleep and potentially help you to better manage pain, anxiety and panic.
Seated Yoga	This is a traditional yoga class that teaches ways to use props and modifications to easily access a variety of yoga poses from a seated position. With the provision of unconditional respect and positive support, participants will learn how to deepen their connection to mind, body and spirit. Participants must be able to independently perform yoga movements or have an aide/companion to assist them.
Deep Stretch & Breath Yoga	Most poses are done on the floor and held for 1-2 minutes. Students must be able to get up and down from the floor independently.
Essentrics Aging Backwards	A slow and gentle full body stretch workout focusing on increasing mobility, flexibility and relieving chronic aches, pains and joint stiffness. A continual movement class done in bare feet and set to upbeat music.